



Shrimp with Roasted Peppers and Feta

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



446 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 ounces feta
- ☐ 1 head garlic
- ☐ 4 servings kosher salt and pepper
- ☐ 4 servings olive oil
- ☐ 12 ounce roasted peppers red
- ☐ 1 bunch scallions
- ☐ 1.5 pounds shrimp deveined peeled
- ☐ 4 quart resealable plastic freezer bags

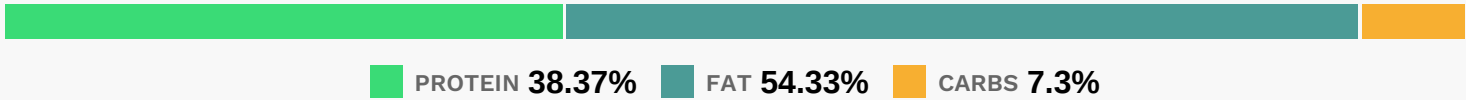
Equipment

☐ oven

Directions

- ☐ Drain the peppers and cut into 1-inch pieces. Slice the scallions and 2 cloves garlic.
- ☐ Heat oven to 400 F.
- ☐ Remove the shrimp mixture from the bags (you'll need one bag per serving) and place in individual baking dishes or a large casserole, making sure the Feta is on top.
- ☐ Bake until the shrimp are cooked through and the Feta begins to brown, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:22.25, Glycemic Load:1.34, Inflammation Score:-6, Nutrition Score:20.099130516467%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 446.25kcal (22.31%), Fat: 27.36g (42.09%), Saturated Fat: 9.69g (60.57%), Carbohydrates: 8.27g (2.76%), Net Carbohydrates: 6.95g (2.53%), Sugar: 0.21g (0.23%), Cholesterol: 324.32mg (108.11%), Sodium: 2209.32mg (96.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.48g (86.95%), Phosphorus: 585.02mg (58.5%), Vitamin C: 42.86mg (51.95%), Calcium: 440.51mg (44.05%), Copper: 0.82mg (40.99%), Vitamin B2: 0.52mg (30.39%), Zinc: 4.17mg (27.8%), Vitamin B6: 0.48mg (24.11%), Vitamin K: 21.99µg (20.94%), Magnesium: 82.62mg (20.65%), Potassium: 653.19mg (18.66%), Manganese: 0.34mg (16.76%), Vitamin B12: 0.96µg (15.97%), Vitamin A: 741.97IU (14.84%), Vitamin E: 2.16mg (14.38%), Selenium: 9.79µg (13.99%), Iron: 2.22mg (12.34%), Folate: 35.8µg (8.95%), Vitamin B1: 0.13mg (8.39%), Vitamin B5: 0.63mg (6.27%), Vitamin B3: 1.11mg (5.55%), Fiber: 1.32g (5.29%), Vitamin D: 0.23µg (1.51%)